

## Swim Lesson Descriptions

### **Infant/Toddler (6months – 2 Years)**

An introduction to the pool setting for parents and their children. Children will be taught how to kick, blow bubbles, enter and exit pool safely with lots of games and songs.

### **Water Tots (2 Years – 3 Years)**

Parent child class that builds on water adjustment skills and promotes independence in the water. Introduction to preschool skills with the assistance of the guardian. This class helps prepare children for preschool lessons.

### **Preschool (3 Years – 6 Years)**

Designed for beginner swimmers, class teaches rotary breathing, beginner stroke, kicking skills and floating independently. For completion, children must swim width of pool using beginner stroke and front and back float independently.

### **Advanced Preschool (3 Years – 6 Years)**

**Must be able to swim width of pool using beginner stroke, float on front and back without assistance.** Children build endurance and learn to tread water. Students concentrate on stroke efficiency for front crawl and backstroke. Elementary backstroke and rhythmic breathing is introduced. For completion, children swim one width of front crawl and backstroke using proper breathing and arm movements. Promoted to Advanced Beginner.

### **Beginner (6 Years & up)**

For the beginner swimmer. Children will be taught water adjustment, floating, beginner stroke, rotary breathing and backstroke. For completion, children swim one width of front crawl and backstroke using proper breathing and arm movements along with skills to pass deep end test.

### **Advanced Beginner (6 Years & up)**

**Must be able to swim width of pool front crawl & backstroke, front float and back float without assistance and passed deep end test.** Introduction to elementary backstroke and sidestroke, students concentrate on stroke efficiency and endurance for front crawl and backstroke.

### **Intermediate (Pass Adv. Beginner)**

**Must be able to swim 1 length of pool front crawl and backstroke, width of pool elementary back (passed deep end test)** Advanced level that works with children to improve technique and increase endurance along with an introduction to breaststroke. For completion swimmers must swim 50yds front crawl, backstroke, breaststroke, sidestroke and elementary backstroke.

### **Swimmer (Pass Intermediate)**

For the experienced swimmer. Introduction to butterfly, flip turns, safety skills and rescue techniques. Also review skills and strokes from previous levels. Emphasis on endurance and stroke efficiency.

### **Pre-Competitive (Must be able to swim one length of pool front crawl and backstroke without stopping, 6 Years & up)**

Introduction to competitive skills, flip turns, starts, stroke efficiency and speed

### **Adult/Adolescent (13 years and older)**

For the older beginner who wants to learn to swim.